



Choosing the Right Seafood- Buy American

 Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cup unseasoned breadcrumbs divided prepared
- ☐ 4 tablespoon canola oil
- ☐ 1.5 cup corn kernels raw fresh yellow divided
- ☐ 8 ounce crab meat blue
- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoon green onions thinly sliced
- ☐ 1 tablespoon jalapeño minced
- ☐ 1 pinch kosher salt plus more for seasoning

- ☐ 0.3 cup key lime juice fresh (may substitute any lime juice)
- ☐ 3 tablespoon mayonnaise
- ☐ 1 cup young okra thinly sliced
- ☐ 0.5 teaspoon old bay seasoning
- ☐ 1 pint freshly cracked pepper black plus more for seasoning
- ☐ 0.8 cup bell pepper diced red divided finely
- ☐ 2 tablespoon butter unsalted divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ Combine remaining ½ cup corn, remaining ¼ cup red bell pepper, green onions, mayonnaise, mustard, Old Bay, crab meat, and lightly beaten egg in a large bowl, folded until just blended. Stir in ½ cup breadcrumbs, do not overmix. Divide mixture into 8 equal portions; shape each into a 1-inch-thick patty.
- ☐ Place the remaining breadcrumbs in a shallow dish, season lightly with salt and pepper; dredge crab cakes in the mixture, turning to lightly coat all sides. Arrange patties in a single layer on a small baking sheet.
- ☐ Place patties in freezer for 20 minutes or until firm. In a large nonstick skillet set over medium-high heat melt 1 tablespoon butter into 2 tablespoons canola oil; swirl to coat. The oil should be very hot but not yet smoking.
- ☐ Place 4 coated cakes to the skillet; cook 3 to 4 minutes on each side or until golden brown.
- ☐ Remove from pan, and keep warm. Repeat procedure with remaining butter, canola oil and crab cakes.
- ☐ Serve warm topped with succotash. Like this: Like Loading...

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:15.47, Inflammation Score:-10, Nutrition Score:53.848260622957%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 814.43kcal (40.72%), Fat: 34.85g (53.62%), Saturated Fat: 8.23g (51.44%), Carbohydrates: 119.28g (39.76%), Net Carbohydrates: 84.55g (30.75%), Sugar: 8.15g (9.05%), Cholesterol: 43.27mg (14.42%), Sodium: 1015.15mg (44.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.65g (61.31%), Manganese: 15.81mg (790.67%), Vitamin K: 245.23µg (233.56%), Fiber: 34.73g (138.93%), Copper: 2.27mg (113.37%), Vitamin B12: 5.27µg (87.82%), Iron: 14.44mg (80.22%), Magnesium: 277.16mg (69.29%), Vitamin C: 56.33mg (68.28%), Calcium: 660.15mg (66.02%), Potassium: 2028.83mg (57.97%), Selenium: 38.02µg (54.32%), Phosphorus: 439.12mg (43.91%), Vitamin B1: 0.64mg (42.92%), Vitamin A: 2024.15IU (40.48%), Zinc: 5.85mg (39.02%), Folate: 145.57µg (36.39%), Vitamin B6: 0.67mg (33.28%), Vitamin E: 4.98mg (33.22%), Vitamin B2: 0.51mg (29.89%), Vitamin B3: 5.91mg (29.56%), Vitamin B5: 2.51mg (25.08%)